

New Things Every Woman Ought to Know



Watch Your Spigots and **Help Save the Nation** Millions of Dollars

ITTLE drops of water dripping from countless spigots when not in use makes a flood of waste which costs the nation millions of dollars a year and places a heavy additional burden on every taxpayer. All this loss is due either to carelessness in not clos-ing the spigots or to failure to keep them supplied with proper washers. When the washer in a spigot becomes worn out it is impossible to shut off the flow

of water completely.

How to prevent this needless waste of water is a serious problem for every American city. And there is no better way for women to show their fitness for an

no better way for women to show their fitness for an active share in the affairs of government than by watching the spigots in their homes and seeing that water is never allowed to run to waste.

Water is so plentiful that we are all apt to forget its value in dollars and cents. We are more wasteful of it than we would be if we stopped to think how much it costs a town or city to gather it in huge reservoirs, to remove the impurities in filtration plants, and to bring it through miles of eleborate accordance and makes bring it through miles of elaborate aqueducts and mains

to the places where we live and work.

You may think the water which drops continually from a spigot in your home a trivial matter and not worth the small effort necessary to turn it off or to supply a new washer. But just multiply the amount of water you are wasting in this way by the number of other similar wasteful spigots in your city and you will be amazed at the enormous total.

The Department of Water Supply in Clarksburg, W. Va., has been studying this problem in a scientific way. The results of its investigations are included in an extremely valuable Sanitary Plumbing Code, such as every city might profitably issue for the guidance of its citizens in ways of saving water and in the proper observance of sanitary regulations regarding sewers, plumbing etc.

The Clarksburg water officials estimate that water just dripping through a spigot of the type most commonly used will waste in a day 15 gallons, in a week 105 gallons, and in a year 5,475 gallons. The yearly cost of such a waste in Clarks-burg is \$1.36. This would be hardly worth noticing if only one leaky spigot were concerned, but when there are thousands of them it becomes serious.

Water leaking through an aperture 1-32d of an inch in diameter wastes 264 gallons a day, 1,848 gallons a week and 96,360 gallons a year. Five hundred such spigots would mean an annual loss of more than 12,000.

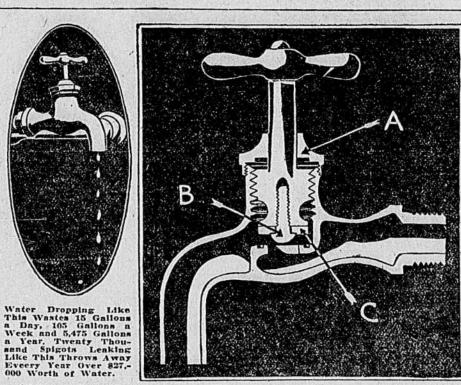
If the aperture in the defective spigot is 1-16 of an inch the water wasted amounts to 835 gallons a day, sasted amounts to say garons a day, 5,845 gailons a week and 304,775 gallons a year. The annual loss resulting from five hundred such spigots would amount to over \$38,000.

If, the leakage space is one-fourth of an inch in diameter the annual waste amounts to more than 6,000,000 gallons, worth \$1,590. Water leaking through a three-eighths of an inch opening wastes during a year over 14,000,000 gallons valued at \$3,618; and through a half-inch opening the annual leakage amounts to more than 5,000,000 gallons or \$6,400

How fast the waste of water runs into money can be seen by taking

1-32d of an
inch as the

average opening. Ten thousand



Most Spigots Leak Because Their Washers Are Worn Out. To Put in a New Washer First Shut Off the Water in the Cellar or Basement. Then Remove the Nut (A) and the Serew (B). Take Out the Old Washer (C) and Put the New One in Its Place. Replace the Serew Tightly but the Nut Not Too Tightly. Now the Spigot Is in Repair Again and the Water Can Be Turned On.

worth of water to run to waste in a year.

All these estimates of the value of the water wasted replace an old, worn-out washer with a new one that will close the spigot tight and prevent leakage.

The accompanying diagram shows the construction of are based on the cost of water in Clarksburg. In other cities, where the water is brought from a longer dis-

a spigot and the location of the washer which is necestance, or where more expensive water works systems are in use, the figures would be even higher. These figures are enough to show that to save the water should be the duty of every good citizen. The more water wasted the greater the expense to the municipality and the higher the tax rate.

sary to prevent leaks. In replacing a worn-out washer the first step is to hut off the water at the point where it enters the building in the cellar. Then remove the nut (A) and the screw (B). Then take out the old washer (C) and insert the new one. The screw (B) should be replaced tightly, but the nut (A) not too tightly.

This is all there is to it. When the nut'is back in place you are ready to turn on the water and your spigot will not leak until the washer again becomes worn out

Are Your Children Fit for School?

T is important for every mother to know whether her boys and girls are fit for school. Many children fail in their studies and lay the foundations for lifetimes of ill health simply because their well-meaning but ignorant parents force them to go to school when they are not in the right physical condition.

A child is not fit for school unless he shows a uniform gain in weight. His flesh should be firm, his bones well shaped and every part of his body gradually rounding into normal form. He should have a good appetite for all kinds of wholesome food, and his digestive apparatus should be in perfect working condition. Every night should find him getting sound, healthful sleep, and, whether awake or asleep, he should always breathe through his nose. His skin, not only of his face, but of his whole body, should be clear and rosy; his teeth sound, his breath sweet and his tongue clear. If your boys and girls are lacking in any of these particulars they are fitter subjects for your family physician than for a teacher, and you should not think

Water Lenking Through a One-Sixteenth of an Inch Aperture Wastes \$35 Gallons a Day, 5,-\$45 Gallons a Wenr. The Annual Loss from Just One Such Lenky Spigot Amounts to \$76 and There Are Thousands of Them in Many Cities. of allowing them to enter a schoolroom until they have received the necessary medical attention.

There are in the United States 30,000,000 school children under fifteen years of age, and only a small percentage are really fit to be in school. Over 10,000,000 of these children have defective teeth; 5,000,000 have enlarged tonsils or adenoids; another 5,000,000 are suffering from lack of proper nourishment; 4,000,000 have defective eyes, and 1,000,000 are more or less deaf.

Teeth are the things which most parents are prone to neglect. It is estimated that over 60 per cent of the children in the public schools have at least one tooth which badly needs attention from a dentist.

Don't think that nothing needs to be done for a tooth just because it causes the child no pain. Decayed teeth are ideal breeding places for germs and make a child much more liable to all sorts of infectious diseases. If something is not done for them they may cripple his mouth for life or they may cause the glands of his neck to swell up and form abscesses. Then, too, the child with decayed or painful teeth cannot masticate his food, properly, and so fails to get the nourishment his growing body demands.

Before you deal too severely with your little sons and daughters because they are irritable or because they do poorly with their studies, be sure that it's not some defect in their physical condition that is to blame.

quarter of a large cake of choco-late and a tablespoonful of butter.

Place the mixture on a slow fire and

watch it well for it will easily burn.

Test in a vessel of cold water as the

fudge. Pour into flat, buttered pan and mark the squares while it is cooling.

Cough Drops.

POUR a teacupful of boiling water over

a teaspoonful of whole flaxseed. Cover with boiling water in another dish a tea-

cupful of slippery elm broken in small

bits. Let them stand and steep for three hours. Pour into a cheesecloth and strain into an earthenware pan. Mix with this a pound of sugar. Boil

over a slow fire for a quarter of an hour.

Add a tablespoonful of lemon juice.

Boll until it stiffens quickly in cold water.

Cavalieri's Beauty Secrets

appear in the face and that greatly mar the complexion in the Autumn and Winter are more disfiguring than freckles. Commonly called moth patches or liver spots, they are due to a torpid liver.

The first step toward their cure is to relieve the overburdened liver by eating less meat, say one-half or two-turned the condition. The action of its eating less meat, say one-half or two-turned the condition. The action of its eating less meat, say one-half or two-turned the condition.

thirds less, and eating twice as much simple remedy that is an acknowledged blood purifier. The best I know is sassafras tea, old fashioned, but standard. If freshly dug roots can be secured, so much the better. If not, the dried sassafras procurable at a drug store will answer almost.

directly and powerfully upon the will

Not a Bird.

Titian Smythe stood anxiously by as the great art critic bent over his masterpiece. That learned man, having examined the picture from every part of the studio, at last spoke.

"Splendid, my dear sir! I congrat-

realism into your work, especially in these days of Futurists and such-like faddists. The realism and sense of depth that you have got into that impression of a coal-mine is, I assure was a such as the post of you, my dear sir, one of the best bits of work I have seen for many

a day!"
During this speech Titian's face had gradually lipped downwards.
"Coal-mine!" he roared. "You fat-headed idiot, that's a birdseye view of Blackpool!"

'Is it, indeed?" answered the critic, picking up als hat and walking slow-ly to the door. "Then I am glad I dont live in Blackpool, and I am even happier to think, sir, that I am not a

Cute-Rather.

The smuggling of precious stones into New York is perhaps one of the livellest of "live" industries in spite of all the efforts of the authorities to stop it. Some of the tricks employed seem to touch the limit of human ingenuity. Perhaps the cleverest trick in this line—cleverest because the simplest—stands to the credit of a Chicago man.

the simplest—stands to the credit of a Chicago man.

He would buy \$100,000 worth of diamonds in London or Amsterdam and hide them behind a panel of the wall of his cabin. On the ship's arrival at New York he would walk calmly ashore, leaving the stones behind him in their hiding place, but going straight to the booking office and engaging the same cabin for the return voyage. When the time came for the vessel to sall he went on board accompanied by his wife. The lady must, of course, go to inspect her husband's cabin, and when at length the bell rang and the lady walked ashore with the rest of the visitors her pockets were heavier by the

Just So.

"Hatty," rebelliously cried the Vic-ar's nine-year-old daughter, "a.. I ever going to have a new frock? That's the worst of being the young--I've got to wear every one else's

"You're a very naughty girl. Carollac," reproved the elder sister. "You seem to forget that father's got to keep eight of us on very little money."
"It's always the same," snivelled the baby of the family, as she flounced out of the room. "Can't have this, can't have that, can't have anything in the house." smack she bumped into the Vicar

"Crying?" he inquired. "I've splendid news. A dear little taby sister has arrived!"
Having delivered his bombshell, he stood back to see the effect.
Caroline pulled herself together enactive.

quickly, "Well, papa," she said, disgustedly.
"I suppose it can't be helped now, but I do think there were a lot of other things we needed more!"

NSIGHTLY brown spots that liver. The moth-flecked skin indi-appear in the face and that cates not only laziness of the liver,

juices, whether external or internal, are beneficial to the skin. The acid fruit and twice as many vegetables of the juices gives tone and strength as has been your habit. In connection with this it is well to take some dolent liver, spurring it to its needed

at a drug store will answer almost hands firmly grasping the chair back. as well. Sweeten it if you find by Twiat the trunk of your body as far as well. Sweeten it if you and by Twist the trunk or your body as lar to doing it becomes more palatable.

If the vegetables, the most direct, you can without moving from your agent for ridding yourself of the dissect on the chair. Firmly maintain figuring spots is the tomato. It acts the seat, for if you do not the work will exercise the muscles of the abdominal region and quicken the circulation of blood through the

A standing exercise that has the same beneficial effect is as follows: Stand erect. Lift the chin. Let the hands rest on the hips. Let the feet rest easily and firmly on the floor. Twist the trunk as far to one side as it will go. Hold this position for five seconds. Then return the body to the posture at which you began the exercise. Then repeat the mo-tion on the left side. Alternate. Keep the thighs immovable and the Delicious Candies You Can Make at Home—By May Irwin fill the Autumn evenings with amusement is a

could be put into per-fect condition in a very few minutes and with

the expenditure of only a few pennies, would

allow nearly a quarter of a million dollars'

Children and everybody who uses water should be taught to turn the spigot off tight as soon as they are

through with it.

It is not necessary to call in a plumber to repair a

problem for the youth-ful members of a fam-ily and for the elders. Not everyone likes to turkey trot and tango, though it would seem that nearly everyone does. Cards are not a sure refuge because many thoughtful persons do not care for cards. The most fascinating of books tire the eyes at least if nnot the mind. Conversation is likely to deteriorate into commonplaceness and silliness. Candy making offers a pleasant and, for the time, absorbing relief from all these-

Chocolate Puffs.

BEAT until stiff the whites of two eggs and then beat in half a pound of powdered white sugar. Scrape very fine one and a half ounces of chocolate and dredge it with flour. Gradually add the chocolate and flour to the eggs and sugar and beat all together, stirring briskly and vigorously together. On the bottom of the baking pan place a sheet of white paper. On this paper spread the powdered sugar in thin spots as large as a quarter dollar and a half inch thick. On these sugar mounds spread the chocolate and flour, heaping it high and mound-like, and smoothing it evenly into shape with a wet knife dipped into cold water. Sift over them enough sugar to give them a snowy appearance. Bake in a hot oven for five minutes. When cooled pry them loose from the paper with the thinnest knife in the house.

First Love Kisses.

BEAT together the whites of two eggs.

Add to these a teacupful of sugar and stir until it is so thick it will not slip from the spoon. Stir in three table-spoons of grated cocoanut. Drop teaspoonfuls of the mixture on buttered paper and believe in a bet even until light. paper and bake in a hot even until light

Walnut Chocolates.

MELT in a cup of cream four cups of granulated sugar. Boil them on a hot stove for five minutes. Place the saucepan in a vessel of cold water. Pour into the mixture a teaspoonful of vanilla. Stir the mixture until it is firm enough to shape into spheres. Make spheres or hemispheres of these and dip them into

melted chocolate.

While the girls of the family or party are doing this the young men may be busying themselves in cracking and removing the walnuts from their shells. Then each can lay a half of the walnut meat neatly on the top of the hemispheres or on the sides of the spheres.

October Fudge.

M IX two cupfuls of sugar and one cup of milk. Place on a stove to heat. When it is well warmed add three heaping tablespoonfuls of chocolate

Boil fifteen minutes or longer if fire is slow. Test by dropping a half teaspoonful into cold water. If the candy stiffens into form it is "done." If it "runs away" and mingles with the water boil it a little longer until it stands the test de-scribed. When it has been cooked enough remove it from the stove and pour into the mixture a teaspoonful of vanilla extract. Pour into a shallow pan and while cooling mark into squares. Place in a cool refrigerator or other cold spot to quickly cool.

leaky spigot. Any man

or woman who is at all handy with tools

child ca nbe taught to

Homemade Nougat.

P LACE in a porcelain lined vessel one pound of fine white sugar with two tablespoonfuls of water. Place on a hot fire and when the syrup begins to turn yellow pour into it a half pound of sweet almonds that have been blanched and changed fine. Stir. chopped fine. Stir

for five minutes or longer. Add a teaspoonful of grated lemon peel. Pour into a flat buttered pan. Mark while cooling into long bars.

Cupid

Caramels MIX in one cup of milk three cups of sugar, a

with brownish hair. Why, it fits you

"It's hard," she said, "to be so hungry."

The admission settled it. He advanced arguments, eloquent and masterly, and at length they consumed that inaugural banquet which ushered in their love.

But she kept the very brightest of lookeuts for the heleful young man

Pour upon buttered plates and while ccoling mark into squares. A Military Offense.

The Lost Coin.

A father of a large family, in a generous mood, took the whole of the youngsters to a country fair. As the party moved about the grounds the father feli one of his sons tugging at his coat-tails. He turned, and the youngster begged him to buy a certain toy. "Buy it yourself!" said the father. "Where's the penny I gave you a little while ago?" "It's down my neck." "Well, shake it out!" "But, father," protested the boy, "I can't! It was in my mouth when it went down!"

To account for his extraorcinary statements.

"But I didn't say one mesquito would weigh a pound," he protested. "I think, perhaps, a million of them might do so."

"But you said they bark at the missionaries," persisted his interlocutor.

"No, no, my dear sir. I said they would get on the logs and on the logs and on the logs and on the logs and they would get on the logs and on the logs and on the logs and they would get on the logs and on the logs and on the logs and they would get on the logs and on the logs and on the logs and they would get on the logs and on the logs and on the logs and they would get on the logs and on the logs and on the logs and they would get on the logs and on the logs and they would get on the logs and on the logs and they would get on the logs and on the logs and they would get on the logs and they would get on the logs and on the logs and they would get on the log

Done by Deputy.

At a marriage service performed in a little country church when the minister said in solemn tones, "Wilt thou have this man to be thy wedded husband, etc.?" Instead of the woman answering for herself, a gruff man's voice answered, "I will!" The minister looked up, very much perplexed, and paused. He repeated the sentence, and again the same gruff voice answered, "I will!" Again the minister looked up, when a man seated at the end of the first row said, "She's deef, parson, an' I'm answerin' for her!"

London's Private Wells.

The Metropolitan Water Board not wandering mouths, pleking up food and drink for their parent.

Roots travel amazing distances in search of their requirements. A timber merchant, escavating for a sewer in Gloucester, found an elm root one and a quarter inches in diameter and sixty-three feet long running through a bed of sawdust from the tree to the nearest water, the Gloucester and Berkeley Canal.

The aggregate length of root thrown out by some plants is almost incredible. A cucumber will, within its short life of about half a year, throw out from ten to fifteen miles of roots.

Clover roots will go straight down to a depth of six to nine feet in search of moisture, and coltsfoot, one of the most powerful and persistent of weeds, sends its suckers down to an even greater depth.

London's Private Wells.

London's Private Wells.

The Metropolitan Water Board not long ago issued a report stating that it loses \$200,000 a year on account of the number of private wells in existence in London.

Many of the largest hotels, public baths and banks, including the Bank of England, have their own wells. This private water supply means a large saving in a great number of cases. One bank in the city actually paid \$11,500 a year for water, although the actual amount consumed was little more than that of an ordinary household! The reason for these high charges is the Metropolitan Water Board's method of reckoning what you should pay—that is, according to the ratable value of your premises. It is quite immaterial the amount of water actually used.

an even greater depth.

Working Below the Sea.

"Yes, sir; it seems simple enough to put on a diving dress and go down into the sea, but I can assure you that it is not quite so easy as it looks," said a deep sea diver. "The farther one goes dewn below the strength of the your one working is greater.

"You would probably find seventy feet quite deep enough for your first dive. The pressure on your head to it, your ears and nose might bleed.

The probably dress and go down into the sea, but I can assure you that it is not quite so easy as it looks," said a deep sea diver. "The farther one goes dewn below the vater, the greater the pressure, and, consequently, the labor and exhaustion of working is greater.

"You would probably find seventy feet quite deep enough for your first dive. The pressure on your head to it, your ears and nose might bleed. In diving the rate of ascent is important. If the diver is less than eighty feet below the surface he can be pulled up two feet a second with a safety for greater depth.

They Were Startled.

During the annual manoeuvres of the Territorials a private was riding one day in a train with his uniform coat unbuttoned. This caused a sergeant to say:

"Button up that coat! Haven't you got any sense of military decency at all?"

A lecturer who protested against people going to sleep during his disquisitions on heathen, lands would, if he perceived any tendency in that direction, introduce some startling statement to revive their flagging attention. On one occasion, when his audience seemed rather sommolent, he thundered out: "Ah, you have no all?"

But here a gentleman on the left interfered, saying to the sergeant:

"How dare you give commands with a cigar in your mouth? I am Major Fitzhugh Calbrain."

At this point an elderly gentleman with a white mustache leaned over and murmured in the major's ear:

"Colonei Brewster Farfax is sorry to remind you, sir, that to scold a sergeant in the presence of a private is a military offense hard to overlook."

audience seemed rather sumnolent, he thundered out: "Ah, you have no dea of the sufferings of Englishmen in Central America on account of the enormous mosquito. A great many of these pests would weigh a pound, and they will get on the logs and bark as the white men are passing."

By this time all ears and eyes were wide open, and he proceeded to finish his lecture.

The next day he was called upon to account for his extraordinary statements.

"But I didn't say one mosquito would weigh a pound," he protested.

The Course of True Prophecy

ly as concerned the nasty parts, were coming most herribly true.

She had become entangled with the astrologer through an advertisement.

On receipt of this emolument the

On receipt of this emolument the man in shirt sleeves—obese and prosastrologer had dispatched Serenity's perous. She hated aggressive proscharacter and sundry inklings of her future for the next two years, prefacing these by the announcement that the first one would be "the most critical of your life. All your doings should be carefully regulated." Serentity found that to regulate her doings it would be necessary to "consider" when the state of the prefix of character and sundry inklings of her perity your future and write to me without delay, sending a postal order for \$2.50." This done, she would receive something that was enticingly christened her prophecies and which embodied accurate details of the trials that would best her.

"Don't you know where he is now?" your future and write to me without that would beset her.

She sent the money, but when the presage of disaster came it proved to be less explicit than she had hoped, and for the whole truth it appeared that he would charge extra.

Having spent her allowance for the ext three months she found a further. But then he gave that up, too.

"Do n't you know where he is now?" she faitered.

"No, miss; all over the place he used to be. But yes, I used to send his letters to Boverton's Hotel in Fleet street, after the police began to bother. But then he gave that up, too.

"Do you think they'd know any

presage of disaster came it proved to be less explicit than she had hoped, and for the whole truth it appeared that he would charge extra.

Having spent her allowance for the next three months she found a further investment impracticable, and went of happily for more than six, when she was recommoded by an ardent admirer, unprepossessing but staunch. He would send her a letter every morning and chocolate once a week, and a sinister complexion was put upon him by the fact that he was described, exactly described, in her prophecies.

Indultably he was "below medium height, inclined to be fleshy, with dark hair, and a slightly sallow countenance." Oh; monstrous! if he had come true mightn't he vouch for the verity of all the rest? She shock him off by inferring that she had exparted eternally to Parls; but now, whee eight months of the year were epent, she was again imperilled.

She had written to the prophet,

She had written to the prophet,

"No, miss; all over the place he used to sond his let. The place he used to be. But yes, I used to send his let. Fleath to be. But yes, I used to send his let. Fleath to be. But yes, I used to send his let. Fleath to be. But yes, I used to send his let. Fleath to be. But yes, I used to send his let. Fleath to be. But yes, I used to send his let. Fleath to be. But yes, I used to send his let. Fleath to be. But yes, I used to send his let. Fleath the sub of the ters to Boverton's Hotel: He he police in Fleath to be. But yes, I used to send his let. Fleath to be. But yes, I used to send his let. Fleath the police began in Fleath the police began in Fleath the police began to make they do had a number of and to." "So astrology kept you?" "So astrology kept you

T'S obvious," murmured Serenity. sent honest inquiries as to how she might cheat the planets, and lo, his question is—what?" sent honest inquiries as to how she might cheat the planets, and lo, his response had been a barren silence. She blushed steadily, increasingly, And she gazed apprehensively at Serenity eyed his ambiguous disher star prophecies which, particular-

"Don't you know where he is now?"

at all."

She blushed steadily, increasingly, the rosy tide overwhelmed ner.

The young man preserved a becoming gravity.

"But my name is Aylmer," he informed her with composure.

"The—the professor?" she stammered. Oh, why did astrology make you feel far worse than murder, arson, or running away with somebody else's husband?

with brownish hair. Why, it fits you to a T. I wonder I never thought—

And she stood up, alarmedly smiling.

"Oh, look here, I'm not. I'm not at all. I swear to you I have the best intentions."

"But it might be something that wasn't your fault at all, like—like crossing the road together and my being run over. Now, if I didn't happen to cross the road just then, and with you—" by formed her with composure.

"The—the professor?" she stammered. Oh, why did astrology make you feel far worse than murder, arson, or running away with somebody pen to cross the road just then, and with you—
"No, no. You must come."
"I'd like to, but I daren't."
"If you don't mind waiting another second I'll go upstairs and try a new calculation." "But-but you can't be the same

"The infamous astrologer."
-"Oh, yes, I'm so glad I've found

"They sat, and she expounded the situation. He listened with a care that was absolutely loving. Then he grew thoughtful.

'H'm; I think I'd better go upstairs and make the calculations again more fully. Then perhaps I may see how we can avert it."

"I was so very sorry for you," she said irrelevantly, leaning forward.
"About the sad end of my career?"
"Oh, yes, about the police! It sounded so tragic."
"It was tragic and funny too. I strain and size of the said irrelevantly. It was tragic and funny too. I strain and it is hard," she said, "to be so hunging for the situation."
"You're sure you'll do it properly? You're sure you'll be honest?"
And again he was with her miraculously soon.
"Oh, I've settled it. You are to come to lunch. The fellow is to be eccentric in manner. Now I'm not that, am I?"
"I don't know. I think you are rather—rather original, and that's the same thing, isn't it?"
"Oh, no, not at all. Eccentric means, well, it means mad."
"It's hard," she said, "to be so hungry."

But she kept the very brightest of lookouts for the baleful young man. She kept it unwearledly through the efflux of six ensuing weeks.

And when at last she became the professoress she was seriously discomposed by the appearance of the officiating clergyman.

"It might be he," she complained in the taxl. "He was nicely formed and—and so on. He didn't seem eccentric, but then perhaps he was really, you know. He may have left out a bit of the service, and, dear, if so, how am I to know that we're properly married?"

"How is any one else to?" he responded, encircling her.

"That's all very well," cooed Serenity, "but the year isn't up yet. It may very likely be you after all." tights Reserved. · Copyright, 1914, by the Star Company. Great Britain Rights Reserved.